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Edward J. Bloustein School
of Planning and Public Policy

GROWING OLDER, BETTER... WHAT'S MOBILITY GOT TO DO WITH IT?

Transportation Innovations to Build Healthier Communities

Princeton, NJ - January 30, 2018

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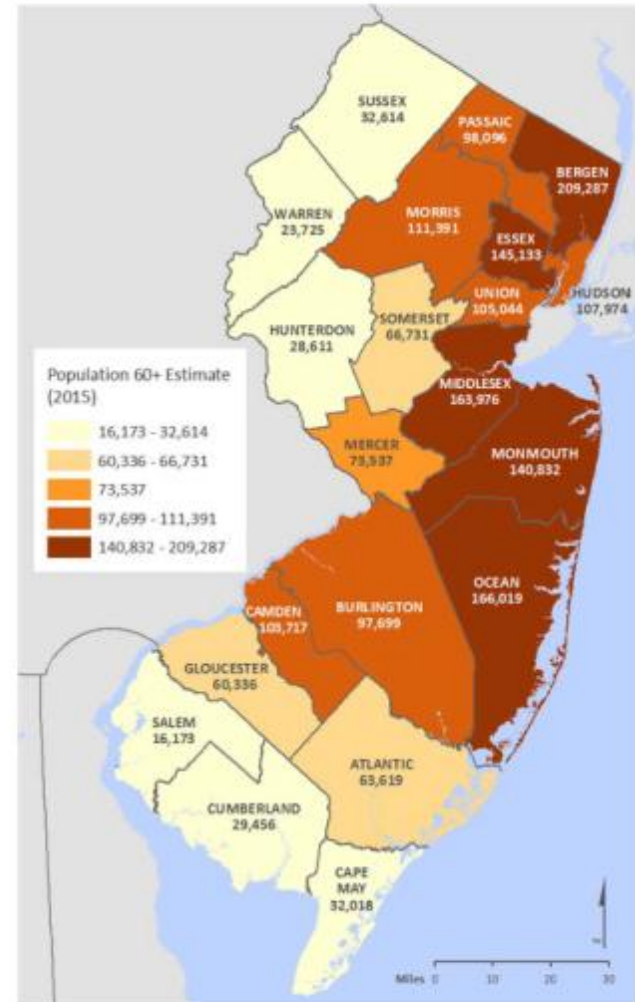
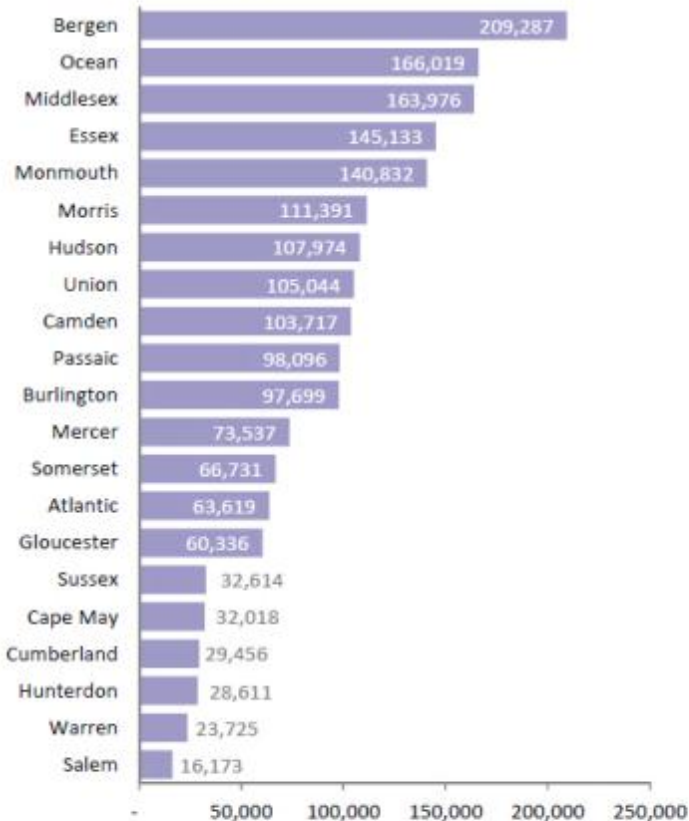
VOORHEES TRANSPORTATION CENTER (VTC)

- VTC is one of 17 research centers at the Edward J. Bloustein School of Planning & Public Policy
- Leader in the research and development of innovative transportation policy
 - ✓ Safe Routes to School
 - ✓ Complete Streets
 - ✓ NJ Bicycle and Pedestrian Resource Center
 - ✓ NJTIP @ Rutgers



Pop Count 60+

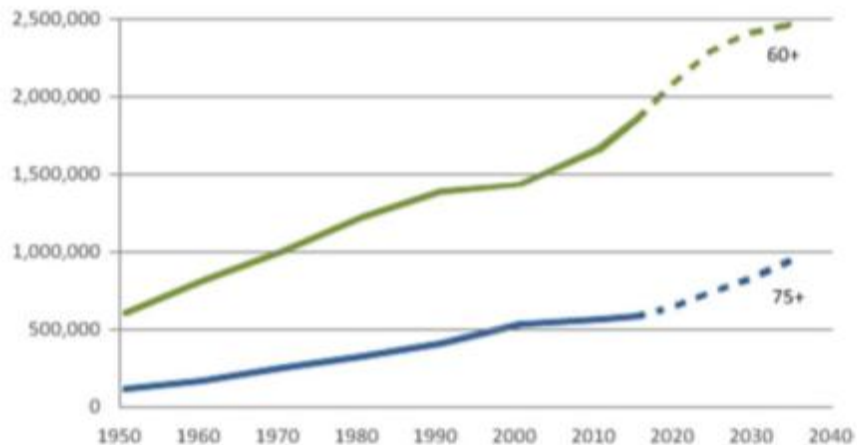
County Pop Totals Age 60+



Source: US Census Bureau ACS 1-Year Estimates, Table S0101 (2015)

Projections of NJ Senior Growth

- Between 2015 and 2034 (19 yrs), 60+ population will grow by over 600,000 (32%) to almost 2.5 million
- 75+ population will increase by 360,000 (61%)
- Under 60 population will only increase by 174,000 (2%) in the same period



Sources: US Census Bureau Decennial Census 1950-2010, US Census Bureau ACS 1-Year Estimates, Table S0101 (2015), NJ Department of Labor Projections of Population by Age and Sex: New Jersey, 2014 to 2034

INCREASING OLDER POPULATION

- 30+ year increase in life expectancy since 1900; from 47.3 to 78.8 by 2012
- In 1950, just over 8% of the US population was age 65+; 12.3 million people
- By 2030, forecasted that 20.3% of the population will be age 65+; 72.7 million people
- By 2030, in NJ, over 1.8 million people age 65+

EXPECTED AGE-RELATED CHANGES

- Declining vision, hearing loss
- Decreased physical fitness and flexibility
- Reduced ability to focus
- Increased reaction time
- Losses of spouses, friends

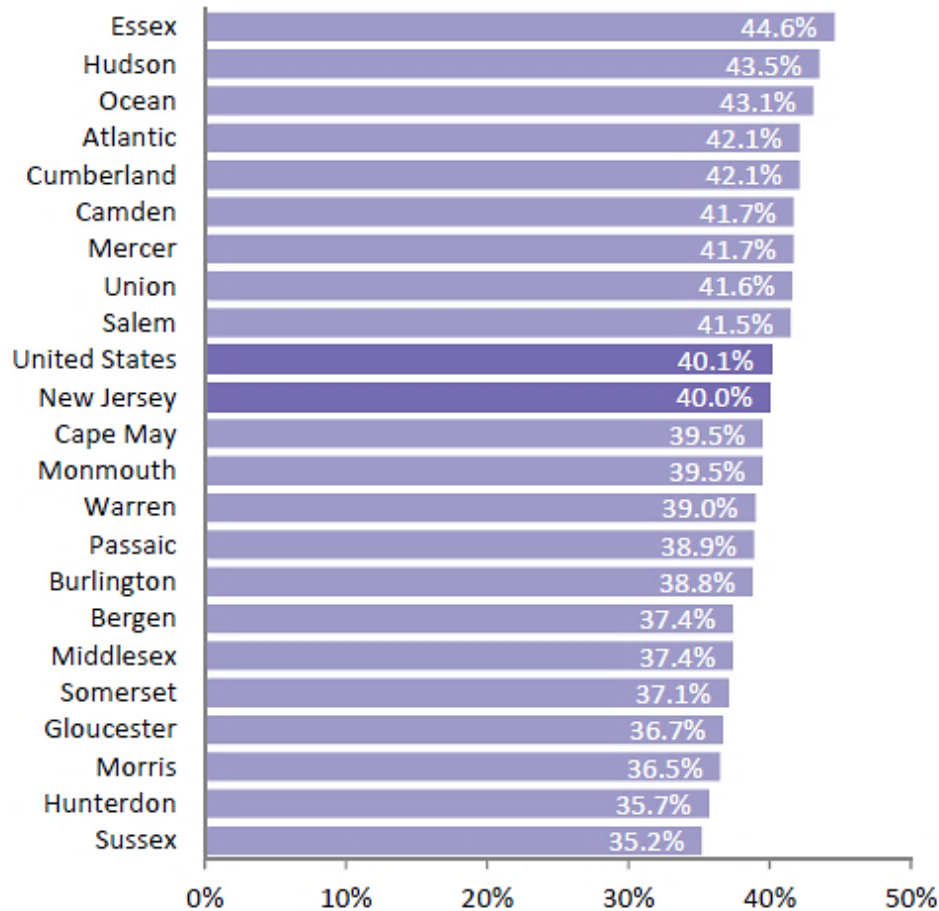


IMPACTS ON MOBILITY

- 21% of people 65+ do not drive – 65+ population growing dramatically; in NJ will become 20% of population by 2030
- Over 50% of non-drivers age 65+ stay home on a given day
- People who retire from driving at 70, spend 6 -10 years “dependent on others to meet their transportation needs”
- Driving cessation by people 65+ → less independence and more isolation

Ageing Americans: Stranded Without Options: 2004

Percentage of Households with Householder Age 60+ Living Alone



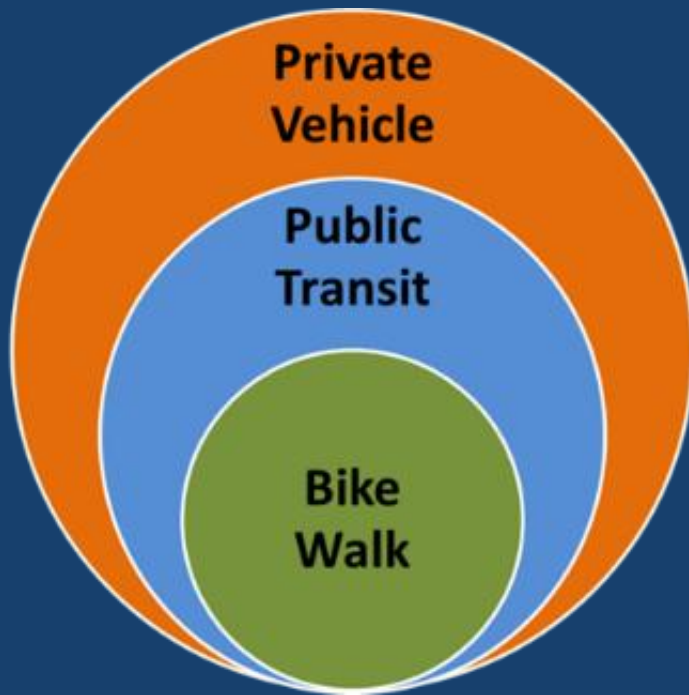
SOCIAL ISOLATION AND HEALTH

- Greater social connections is associated with a 50% reduced risk of premature death (Holt-Ludstat, 2017)
- Loneliness is highest in people age 80+ (Luhmann + Hawkey, 2016)
- Older women take 17% fewer trips and travel 35% less miles than older men (2009 HH Travel Survey)

BENEFITS OF CONNECTIVITY

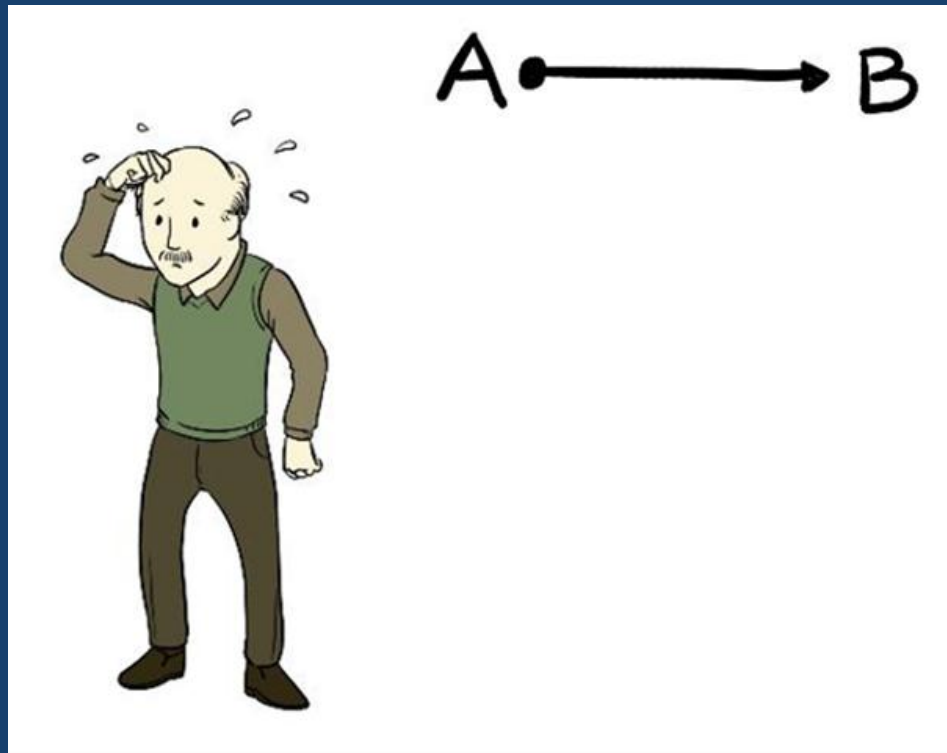
- Medicare Cost Savings – Medicare spent an estimated \$1,608 more for each socially isolated older adult; an estimated \$6.7 billion annually.
- Philanthropy – 80% of people age 65+ donated to charity in 2015; average donation was \$1,672
- Civic Engagement – People age 50+ volunteer an average of 133 hours/year
- Voter Turnout – 70.9% of citizens age 65+ reported voting in the 2016 election

EXPANDING MOBILITY MATTERS



- Links between mobility and life satisfaction
- If you can't get there, it doesn't exist – for you
- Mobility as the connection between needs and opportunities to meet needs

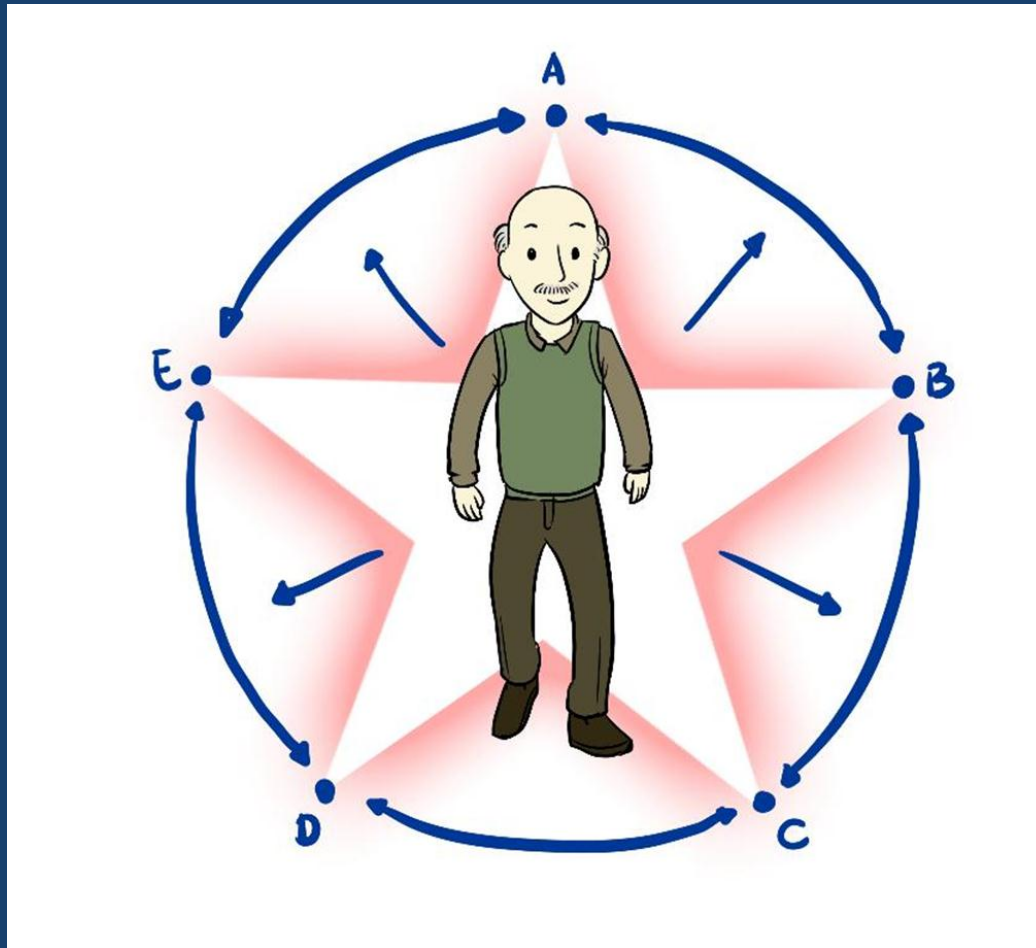
TRIP BY TRIP



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GOING FARTHER



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MORE CHOICES = MORE INDEPENDENCE

- Safer Driving + Rides with Friends & Family
- Walkability – “Complete Streets”
- Reliable Fixed Route Transportation
- Specialized Transportation
- Mobility on Demand (UBER, Lyft, Go Go Grandparent)



HOW TO DRIVE SAFER, LONGER

- Medical Review and Fitness to Drive Assessments
 - NJ MVC
 - Certified Driving Rehabilitation Specialists (CDRS)
- SeniorDriving.AAA .com
- AARP: Smart Driver™ Course
- CarFit Program (AAA and AARP)



AAA SENIOR DRIVING



OLDER PEDESTRIAN SAFETY & WALKABILITY

True or False?

1. It's safe to begin crossing the street while the RED Hand Signal is flashing.
2. Left-turning vehicles pose the greatest risk of intersection accidents.
3. A vehicle traveling at just 30 mph may need 125 feet to come to a complete stop, even under ideal driving conditions.



LAYERED TRANSPORTATION



- NJ TRANSIT
- Paratransit
- Municipal Services
- Non-profits, Volunteers
- Taxis & TNC's
- TMA's

OUR MISSION



NJTIP @ Rutgers increases the independence and self-sufficiency of people with disabilities, **older adults** and others by empowering them to use the public transit system safely and independently.

Over 6,000 people directly trained by NJTIP to date, an estimated 44% identified as "Seniors"

OLDER ADULTS AND TRANSIT USE

- 15% of all people age 65+ with access to transit reported transit use in the prior month, average of 2 trips per week.
- 23% of older NON DRIVERS with access to transit, reported transit use in prior month for 9% of their trips.
- 13% of older DRIVERS with transit access reported use.

2009 National Household Travel Survey

BENEFITS OF TRAVEL TRAINING FOR SENIORS

- Improved Quality of Life
- Increased Access
- Empowerment and Independence
- More Options
- “Chauffeur Retirement”
- Cost Savings



NJTIP'S SENIOR MOBILITY PROGRAMS

- Mercer County & GMTMA
- Middlesex County & MCAT
- LIVE (Parsippany, Caldwell, Verona)
- "On the GO!" South & West Orange
- Union County & Jewish Federation
- Lifelong Montclair
- TIP SMART (Passaic and Bergen Counties)



TIP SMART FIELD TRIP IMPACTS

- 90% “more confident getting around independently”
- 50% able to “pursue new activities and opportunities”
- 94% felt NJTIP @ Rutgers field trip was valuable
- 58% interested in additional travel training



TIP SMART GUIDE



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Your Guide to Public Transportation in Bergen County



NJTIP @ Rutgers
*Expanding Mobility for
People with Disabilities and Seniors*

DOOR TO DOOR: PARATRANSIT

- Under the ADA, transit agencies nationwide, like NJ TRANSIT, must provide paratransit services for people with disabilities who cannot use fixed route transit services
- In NJ, this NJ TRANSIT service is called **Access Link** For **Access Link** Information:

(800) 955-ADA1(2321)

(800) 955-6765 (TT)

adaservices@njtransit.com

- Each county in NJ also provides paratransit

PERSONAL SERVICE: VOLUNTEER & COMMUNITY PROGRAMS

- Greater Mercer TMA Ride Provide
- EZ Ride Community Cars
- ITN North Jersey



Ride Provide

Transportation for seniors and
visually impaired adults

Mercer County-Plainsboro-
southern portion of Montgomery Twp.



INNOVATIONS & TRANSPORTATION NETWORK COMPANIES

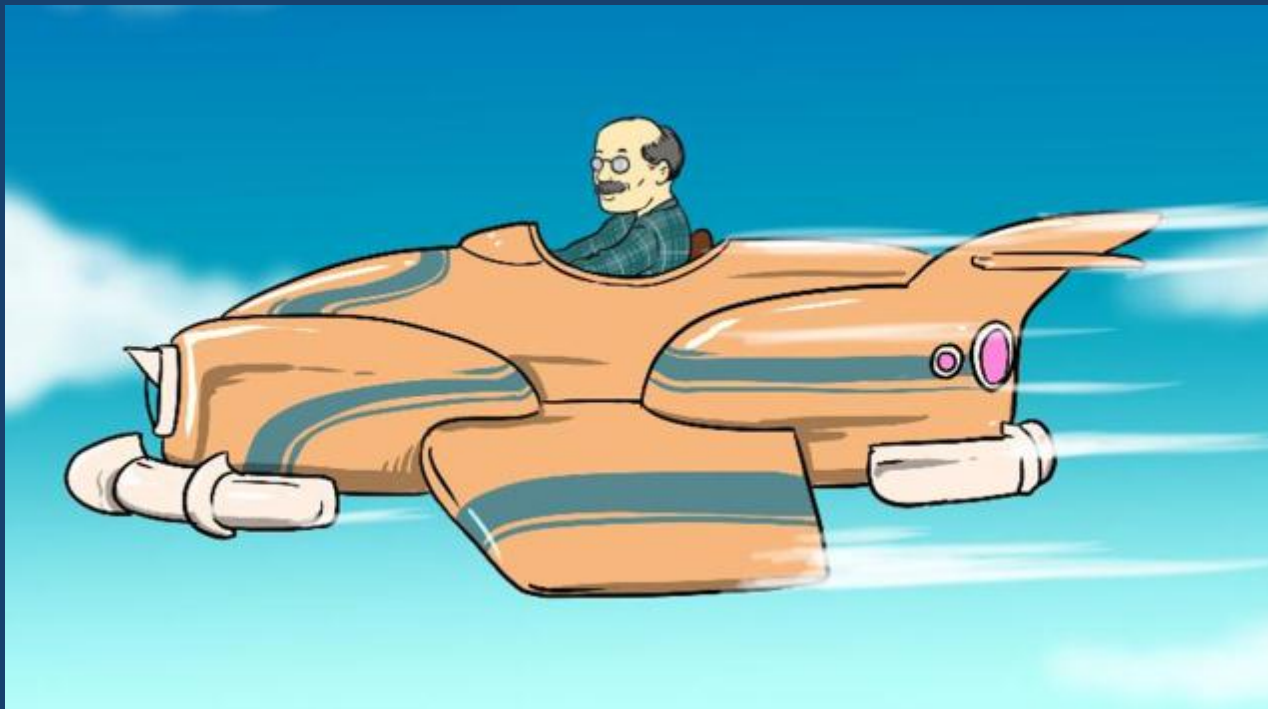
- Pairs passengers with drivers who provide such passengers with transportation on the driver's non-commercial vehicle via [websites](#) and [mobile apps](#)
- TNCs are examples of the [sharing economy](#)
- NJ examples include [Lyft](#) & [Uber](#)
- Concierge services help older adults link to TNCs these include Go Go Grandparent and Ryde for Life



Ryde4Life
Affordable and Flexible
Transportation for Older Adults
with Lyft and Uber
Throughout New Jersey



ONE DAY...FLYING CARS



UNTIL THEN, THINGS YOU CAN DO...

- Tap into elder expertise
- Engage multiple sectors
- Recognize elders as economic contributors
- Ensure older residents know about resources
- Adopt an “age is everything” approach to planning
- **Advocate for public transit improvements**
- **Increase access to health and social opportunities**
- Work towards affordable, supportive housing

- Age-Friendly New York City

I'VE GOT A SECRET...

"The dirty little secret ... anything you design that will facilitate access, engagement, safety, enjoyment, and participation by older people turns out to be good for all age groups."

- Linda Fried, Dean
Mailman School of Public Health
Columbia University



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